

Check Your Cheese!

Dairy products, such as soft-style cheese and sour cream, made from unpasteurized milk can be dangerous to your health!

When buying cheese, make sure it has a label, it is refrigerated, it is factory-sealed, and that the ingredients list “pasteurized milk.” This will help protect yourself and your loved ones!



Make sure these cheeses are safe before you buy



Queso Fresco



Queso Panela



Queso Seco



Queso Asadero



Queso Oaxaca



Queso Cotija

Tips for buying safe cheese

- Avoid dairy products with missing or incomplete labels.
- Labels should provide safe handling and storage information, a list of all the ingredients, including “pasteurized milk,” and identify the manufacturer responsible for the product.
- Cheese products should be factory-sealed.
- Buy cheese from the refrigerated section of the market.
- Do not purchase cheese from unlicensed sellers, manufacturers, swap meets, or door-to-door vendors.



Tips for storing and handling cheese safely

- Keep the cheese refrigerated at 41°F or below.
- Wrap the cheese in plastic after each use.
- Wash your hands with soap and warm water before handling food items.
- Use different utensils to cut cheese, meat, poultry, and seafood to prevent cross contamination.

Why you should avoid unsafe cheese and sour cream

- Dairy products made with unpasteurized milk may contain dangerous bacteria such as *Listeria*, *Salmonella*, *E. coli*, or *Brucella*. These bacteria can cause illness such as fever, stomach cramps, diarrhea, and illness to unborn babies or miscarriage.
- Dairy products purchased from unlicensed sources may have been made in unsanitary conditions, and may have been transported without refrigeration.
- **If you become ill from eating soft-style cheese or sour cream made from unpasteurized milk, see your doctor immediately and call LA County Public Health at (888) 397-3993.**

For more information

If you have any questions or suspect unlicensed dairy products are being sold or made in your community, contact:

- **Los Angeles County Environmental Health** (626) 430-5400
- **Orange County Environmental Health** (714) 433-6000
- **Riverside County Environmental Health** (888) 722-4239
- **San Diego County Environmental Health** (619) 338-2379
- **CA Department of Food & Agriculture** (916) 654-0773

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